

# Guardian

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## *Operation Balkan Hawk*





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it's too late...**



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PHOTO BY SPC. ALICIA DILL

### On the Cover:

During Operation Balkan Hawk, a crowd riot control exercise conducted at Camp Vrelo, helicopters bring in reinforcements from the Portugese army as the Kosovo Police Service and Belgian Soldiers work to keep a "riot" in check.

COVER PHOTO BY STAFF SGT. R. DAVID KYLE



PHOTO BY STAFF SGT. R. DAVID KYLE

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## In my own words

By Lt. Col. Matthew Raney

Here are a few things I try to do as a leader, with varying degrees of success, I am sure. There probably isn't anything particularly original here, as the subject has been well treated by people far more successful than myself, but in my own words, here are a few things I see as being important to leaders at all levels.

**See yourself:** Noted Civil War historian and novelist Shelby Foote (alas, he died recently), once said, when talking about President Abraham Lincoln, that Lincoln had the uncanny ability to step outside of himself in order to see himself as others did. Foote also noted that few people possess the ability to do this.

To my mind, this is one of the hardest things for a leader to do, and one of the most critical. It is certainly hard for me. It is a skill that a leader must possess, at least to a degree, in order to be successful. If a leader can't see the impact of his or her decisions, demeanor and actions, and have some inkling as to their effects on those who follow, then the leader is doomed to constantly repeating the same mistakes over and over again.

A leader can't, for the most part, routinely ask subordinates what they think of his or her decisions, plans or ideas. This is why mentors are so important. They provide a critical service to the leader that can't be found anywhere else. A mentor can serve as an impartial sounding board for the leader, giving him the ability to see himself, a skill that most of us lack. This relationship also requires the leader to be receptive of criticism. Unfortunately, mentors are not always present, so the leader must always attempt to develop this skill.

**Build a team:** A leader must be able not only to spot talent, but to cul-



tivate it. The leader's ultimate success depends greatly upon his subordinate's abilities to execute his or her vision. Life would be so much easier if we had the luxury of being able to pick and choose all of our subordinates—that is, if we were all good judges. It would be easier still if there were an unlimited pool of high-speed people to choose from. Unfortunately, this isn't the case. Having enough "pull" to get at least some known quantities assigned as subordinates is helpful, but far more important is having the ability to help guide, polish and round off the rough edges of the subordinates we do have, to make them better so that ultimately, they can do our job.

The process of doing this requires the leader to have a genuine, heartfelt concern for his or her subordinates and their ultimate success. It also requires a great deal of tact. How do you sit down with someone (probably a "type A" personality) and tell them they aren't perfect, that in your opinion, there are things this subordinate needs to improve? "And who are you," thinks the subordinate, "to be qualified to do so anyway?"

# Guardian

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During a cordon and search mission, Lt. Col. Matthew Raney, commander of Task Force Tornado, monitors the operation from the battalion tactical command post (TAC CP) during the early morning hours near Grmovo/Germove.

If this process isn't done in the right way, the leader will alienate the subordinate, thus losing any further opportunity to influence the subordinate for the good. The process is further complicated by the fact that all people are different, and therefore require a different approach.

The ultimate goal is to build a team capable of working together for a common goal or objective (the leader's vision or intent), while functioning with minimal guidance, and at times, in the absence of the leader.

**Set the standard:** It seems to me that "setting the example" is a more appropriate phrase. For a leader, setting the standard does not mean the leader always has to have the highest score in the unit on the Army Physical Fitness Test (APFT). Although this is an admirable goal to aspire to, it is not a requirement. Devoting enough time to achieve all requirements is a constant challenge for the leader. The leader may not have enough time to devote to physical fitness to achieve a perfect score. Besides, the truth of the matter is that we all have different capabilities, none of us are perfect, and there are many standards to be met.

Far more important than having the highest APFT score, is the lead-

er's ability to meet or exceed *all* the standards. This is critical because if the leader fails to meet a standard, at that point, he cannot morally enforce that standard. It is also critical that your subordinates see you meeting standards, or rather, setting the example. Even if you routinely max the PT test, take it with and in front of your subordinates.

**Be predictable:** In a tactical sense, being predictable is a bad thing. But, subordinates who see predictability or consistency in their leader's moods, his ability to cope with stress, and his reactions to certain situations is a good thing.

The fact that subordinates know how their commander is going to react to situations he is presented with is a great indicator that the commander is consistent, and that he has conveyed his expectations to his subordinates in an understandable manner. The commander who allows his inability to deal with stress, his bad mood or his personal problems to spill over into his interactions with his subordinates with any regularity, will create a reluctance among his subordinates to be frank, open and honest.

Save your big guns for the big problems. A leader who flies off the

handle routinely will not achieve the same effect as the leader who picks the time, place and circumstances to make a strong statement.

**Emulate King Solomon:** Try to be fair and consistent in all things. For example, there are unit commanders who routinely maximize punishments afforded them under Article 15 of the Uniform Code of Military Justice (UCMJ). The message being sent is: if you screw up, you'll be dealt with harshly.

The idea here is, that when everyone sees how harshly you deal with people who screw up, no one will screw up again. This falls outside the realm of reasonable expectation. The Article 15 process is wonderful in its wide-range of options and adaptability. Make the punishment fit the crime. Think long-term when you are dispensing justice and balance the needs of the organization (which must always come first), with the needs of the individual. It takes no skill or judgment to simply throw the book at subordinates who make mistakes. Your goal should be to fix the Soldier, not destroy him. Fixing the Soldier keeps him in the fight, and in the organization. God knows there aren't enough of us now.

*Leadership continued on page 30*





## KFOR World Cup

Sgt. Adalberto Ponce (red jersey), a mechanic for Headquarters and Headquarters Company, 40th Infantry Division kicks the ball toward the goal during the soccer tournament. Sgt. Hugo Macias, DC-CMO driver, Task Force Falcon defends his goal as the Camp Monteith team drives in to the goal.

Soldiers from five different nations came together for a day of fun and sportsmanship, sharing goodwill and a love for the game of soccer. Troops from Multinational Brigade (East) met at Oblique Stadium, a division-two venue, which usually hosts Kosovo's Super League in Pristina/Prishtine.

Company Sgt. Christy Mahon, Logistical Support Company, 30<sup>th</sup> Irish Infantry Group, based at Camp Clark, organized and coordinated the tournament.

"The main emphasis was to get a group of guys together to talk, get a mix of different nationalities and cultures and play a game of soccer," said, Mahon.

Soldiers from Kosovo Forces (KFOR) headquarters, Ireland, Czechoslovakia, Ukraine, and U.S. Soldiers, who represented their military, as well as their nation, in the event.

Other nations, such as the United Kingdom, Sweden and Finland, were hoping to participate, but ongoing mis-

sions prevented their attendance.

Even though the Soldiers are a long distance from Germany, the site of next year's World Cup championship, some were able to feel what it would be like to experience playing soccer against players from other nations.

"Its like a mini World Cup for us. You have a lot of people from different countries and they are here representing their countries. Its something great to experience. It's not the World Cup, but it might as well be for us, I will prob-





PHOTOS BY SGT. HITEN PATEL

ably never get an opportunity like this again," said Sgt. Marlin Ramos, Company C, 1-160<sup>th</sup> Infantry, Task Force Sidewinder.

The multinational Soldiers competed with their international comrades, showing off their speed, coordination and teamwork. When it was over, the team that won was the one that worked well together, not necessarily the one that yelled the loudest.

The Irish defeated every team they faced, with an impressive total of 10 goals throughout the tournament.

KFOR headquarters placed second with eight points.

"You could see that soccer is their national sport. The Irish have great control over the soccer ball and have endurance for this sport," said Ramos.

"You could tell by their strategies and their skill level," said Spc. Jason Smith, Company C, 1-160<sup>th</sup> Infantry, Task Force Sidewinder, "that they played like they had a few professional players on their team."

But the Americans knew what they would be up against. Early in the deployment, Capt. Chris Silva, commander of Company C, 1-160<sup>th</sup> Infantry, Task Force Sidewinder, recognized the European's love of soccer and that the American Soldiers would have to work to compete.

Smith stepped up and headed the Camp Monteith team. Thanks to lots of practice and playing individual units throughout the brigade, as well as teams from the Army and Air Force Exchange Service (AAFES) and the Kellogg, Brown and Root services, the team learned the art of soccer.

"We had a goalie, Spc. Brent Davis, who never played soccer prior to this deployment. To go from that, to playing against professional-level players, is quite an accomplishment. We are really proud of him," said Smith.

"I am very surprised by the performance of the U.S. Monteith team. We have played them before and they have improved immensely" said Mahon.

Eventually there had to be a play-off. The Irish suggested they host a championship tournament. So a multinational brigade "World Cup" was held.

Camp Monteith placed a respectable third place in the tournament, with seven goals.

More important than winning or losing, however, was that KFOR Soldiers got together with other peace-

keepers they don't normally see.

"Today we are having a friendly competition with some of the other countries we work with. We established some new friendships with the KFOR headquarters section. We work with them, but not as a unit as a whole; we only meet certain individuals representing the unit. This was a good time to meet them," said Ramos.



PHOTOS BY SGT. HITEN PATEL

**Spc. Jason Smith, M2 Bradley driver and infantry team leader, Company C, 1st Battalion, 160th Infantry, moves the ball down the field while being pursued by a member of the Irish team.**

"It is good to see everyone come together, we meet one another at check points, on patrols, and other military scenarios. But when we meet in sporting events, it enhances the esprit de corps of the KFOR Soldiers," said Mahon.

Most Soldiers seemed to enjoy the company, as they got a welcome break from their traditional military duties and gained a new understanding of who they are serving with.

As the day came to a close, everyone emerged victorious for having competed and interacted with players from the other nations. All the teams showed the true meaning of peace, and while they brought different jerseys to the stadium,

## How is your memory?

*Flash, thumb, or sneaker drive, USB stick or portable, whatever you decide to call them, when it comes time to buy one of these handy little techie toys there are several important things to look for.*

### Size

Does it Really Matter?

For some people who need to keep only a few hundred Word documents or PowerPoint slides at a time, a 128-512 megabyte (MB) drive will easily meet their needs. Others, who fall into my category (power user/packrat), may need a little more. We no longer talk about the puny Megabyte but rather his bigger brother the Gigabyte or "Gig" for short.

Situation: You've just taken some of the greatest photos and video of Camp Monteith's latest soccer victory over Camp Bondsteel. How do you share the experience with all of your friends? You could bring up to 4 Gigs of digital joy right to them on one of the newer models available today.



### Speed

I've Got the Need!

For the most part, there are two options when it comes to this choice, USB 1.1 or 2.0. While most manufactures have moved on to the latter faster of the two, there are still a few holdouts that advertise large inexpensive models but fail to mention that they use the slower USB 1.1 technology. In other words, you'll be staring at the "Copying..." window quite a bit as you wait for your data to transfer. The detailed specs will tell if you are getting the real USB 2.0 deal.



### Compatibility

NTFS & FAT32

If you plan to use your new drive on a Non-secure Internet Protocol Router (NIPR) computer this could be the most important thing to remember. File Allocation Table 32 bit (FAT32) and New Technology File System (NTFS) are two of the many drive formats available. While FAT32 does physically work on most computers today, it doesn't provide the same level of security as the newer NTFS formats. Again, check the detailed specs to make sure your drive is NTFS compatible. For some models, simply reformatting your drive in the NTFS format can solve this common problem.



### Price

The Almighty Dollar (or Euro)

For penny pinchers, the easiest technique for comparing drives is to divide the size by the cost, which will give you the price per byte. However, this analytical approach doesn't factor in all of the possible features you might want. Would you be happy with any generic brand, or would you rather sport your favorite football team's logo? Where you buy could also make quite a bit of difference too. While the local Post Exchange certainly has the advantage of convenience, there are a few other options available. Online retailers like NewEgg.com sometimes offer a larger variety and, competitive pricing.





## Lexar Jumpdrive Touchguard

Size: 256MB

Price: \$49-\$70

Good morning Mr. Phelps. During this mission, should you choose to accept it, you will carry this device, which uses your fingerprint as your password. Your data will be protected by its AES 256 bit encryption just in case someone tries to steal your muffin recipe collection. Almost as secure as those Mason jars buried in the backyard...



## iPod Shuffle

Size: 512MB-1GB

Price: \$96-\$126

While "iPod" tends to make us think of our favorite music, this handy little USB 2.0 MP3 player also keeps all of your other important files in one convenient place. For it's size and price, this PX bestseller is hard to beat.

## Victorinox Swiss Memory USB Pocket Knife

Sizes: 128MB-1GB

Prices: \$64-\$197

This FAA check-in item combines almost everything one might need while roughing it. Because you never know when you'll need to share you favorite digital photos, whittle wood, file your nails, cut out paper angels and write a letter, at the same time...in the dark.



## Lexar Card Reader

Sizes: 4MB-4GB

Price: \$20

Do you already have a digital camera that uses Memory Stick, SD, MMC, or xD-Picture Card memory? Just pop whatever you have into this little cord replacing wonder to get your photos and files to their new home.

## The Small Print

Whatever your choice remember to use your newfound keychain ornament responsibly. Classified information should never find its way on to any one of these.

## WHAT MAKES THE ARMY: SOLDIERS



**Soldier:** Sgt. Tom L. Strouse II  
**Unit:** 1-635<sup>th</sup> Armor, 40<sup>th</sup> Infantry Division, Charlie Company, Task Force Tornado  
**Job Title:** Squad Member, Rifleman  
**MOS:** 19 K  
**Hobbies:** Lifting weights, racing ATV's, hunting and fishing  
**Hometown:** Clinton, Missouri  
**Age:** 25

PHOTO COURTESY OF SGT. TOM L. STROUSE II

Sgt. Tom L. Strouse II, rifleman, Task Force Tornado pulls security in front of a Blackhawk helicopter at a MEDCAP held in Celik.

The first thing that makes any leader good is commitment," said Command Sgt. Major Joe Romans, 1-635<sup>th</sup> Armor Battalion, Task Force Tornado. "You have to make the decision that you are going to be a leader, with everything that decision entails. It was apparent early on that Sgt. Thomas Strouse had made his commitment to be a Noncommissioned Officer leader."

**What made you want to join the Army versus any other service?**

I joined the active duty Army in 1998, straight out of high school. I was a part of the 1st Cavalry Division in Budeingen, Germany, "BLACK-HAWK." The Army appealed to me because, starting in my freshman year of high school, I was in the Junior Reserve Officer Training Corps (JROTC). I

saw respect and credibility with all the people I encountered within the program, and it was something I wanted to be a part of.

**What does your family think about your career in the military?**

When I first joined the military, my mother cried. She wanted me to be an administrative person versus combat arms. When I told her I was going to be a tanker she said, "I don't think that involves much paperwork and it doesn't sound very safe."

My father supported me throughout my decision. Although, he thought the skills of being a tanker wouldn't carry over well into the civilian world. He would jokingly tell me, "I don't think I saw any 'Tank Driver Wanted Ads,' in the employment section of the newspa-

per."

Originally, I wanted to be a Military Police officer, but at the time, there wasn't a shortage in that Military Operation Specialty (MOS). Looking back, I am glad I wasn't an MP. I wouldn't have had the experiences I have had in my life. I wouldn't have been influenced by the remarkable people I have met in my military journey.

**Why did you choose to go National Guard after your active duty service was up?**

I enlisted in the National Guard even before I left active duty in August 2001. I knew I wanted to go to college, but I also didn't want to give the military up for good. It was kind of a happy medium for me at the time.

I knew I would have more time for



school going into the National Guard, yet still be able to serve my country and blow things up with a 120 mm gun. I don't think I can ever give up my military association completely. It is something I know I will always want to be a part of and it will always be a part of me.

**What are you most proud of through your seven years in the military?**

I am most proud of the fact that I have the ability to excel in the military side of life, as well as the civilian side.

I have learned to be determined, and found, regardless of the situation, that I can overcome any obstacle I am presented with.

I am also proud of the fact I was able to complete the Nijmegen March in Nijmegen, Holland. It is a march held once

a year to celebrate the town being liberated by the 82<sup>nd</sup> Airborne Division from the Germans during World War II. The march is a four-day event and is about 120 miles long.

While here in Kosovo, I was also able to participate in the Danish Contingency (DANCON) march, where I finished the 15.5 mile march in a little over three hours.

**You served in Kosovo during your active duty service, what differences have you seen in the Balkans since you were last here?**

We are on a more personal basis with the local nationals in sector now. Our job here in 2000 was primarily focused on the transition of the refugees back into Kosovo. There were also economic reconstruction projects going on at the time, but my team was mainly there for show of force purposes. There was also a 10 p.m. curfew for the people of Kosovo the first time I was here, and

now you have people out all times of the night.

During that time, we usually didn't have linguists. Having someone to translate gives us the opportunity to talk to the people, unlike before when we were just on our own.

Another thing that has changed

these courses in the states, and being in Kosovo, I was able to get them both done.

**You were the honor graduate in both PLDC and BNCOC, what was your secret?**

I used the free time I was given to study and really focus on the subjects I needed to know. When you are sent to PLDC, someone thinks you are ready to be a NCO. I wasn't about to let the people down that afforded me the opportunity.

I also know as a NCO and a combat arms Soldier I will one day have lives that very well could depend on decisions I make. My biggest fear in my military career is for a fellow Soldier to lose his life because of a bad decision I make.

**You lost 70 pounds, what was your motivation?**

First of all, my health was a big factor. I began this rotation at 250 pounds; I didn't feel like I was a role model that Soldiers could look up to. Also, it is a NCO's job to set the example. It is not fair to ask Soldiers to be within the Army height and weight standards and pass the Army Physical Fitness Test (APFT) when I am not there myself. I could not pass the run at Ft. Lewis. I would always miss the run by 10 to 15 seconds, and that was a horrible feeling. Now, I score around the maximum, 300 score.

I know I am doing myself a favor by keeping myself healthy. I feel a lot better about myself, now especially when I am able to do things better physically. I can tell the difference in everything I do, like on patrols. When I am walking around in sector and I don't have to lug that extra 70 pounds, it makes a world of difference.

The weight loss has definitely affected my mental health as well. My



PHOTO COURTESY OF SGT. TOM L. STROUSE II

**Sgt. Tom L. Strouse II, rifleman, Task Force Tornado blends in with the Letnica community.**

we were usually in full battle rattle when we went outside the wire. We had people manning the turrets in the Highly Mobile Multi-Wheeled Vehicle (HMMWV) and we also had a lot more armor as in M1 tanks and Bradley Fighting Vehicles.

I was a private first class when I was in the Balkans the last time, so I got a lot of the "private missions." It was always, "Yes Sir," and just get it done. On this rotation I am able to incorporate my leadership skills as a sergeant with my squad and other Soldiers I work with on a day-to-day basis.

**What is your biggest accomplishment during this rotation?**

I am really proud of the fact that I was able to finish both the Primary Leadership Development Course (PLDC) and Basic Noncommissioned Officer Course (BNCOC) as the top graduate in both classes. I wasn't given the opportunity to complete

*I Am the Army continued on page 31*



## Bundle up *for winter safety*

For most Kosovo Forces 6B Soldiers, the fading of summer's warm days and the approach of winter's cold bite are reminders that their tour in the province is nearing the end. However, with the approach of fall and winter weather, all troops should be aware of the risks that lie ahead.

**Where's Burgos?** Sgt. Anna Burgos prepares for the winter months ahead by zipping up and staying warm

The most effective means of dodging these problems can best be summed up in one statement: "Keep your head in the game." Staying focused is the best prevention.

Basically, Soldiers will be challenged in three areas this fall and winter; illnesses, cold weather injuries and accidents.

### Illnesses

The most common illness from cold weather is upper respiratory infections (URI). This includes any infection in the nose, throat, sinuses and ears. The most frequent URI is the common cold.

Soldiers need to guard themselves against URIs because they stay inside more during the cold months, and pass infections to each other. They don't have to exhibit symptoms to be infectious, and if troops are feeling ill, then they should seek treatment as soon as possible. It doesn't prove anything to suffer in silence, and could be dangerous while on a mission.

According to the U.S. Army Center for Health Promotion and Preventative Medicine (CHPPM), URI is caused by viruses and pollutants in the environment. Most infections start in the nose; in fact, more than 90 percent of infection-causing bacteria and irritants enter the body through the nose and thrive in the nasal passages.

When viruses and pollutants enter the nose, the body reacts by sending white blood cells to its lining and produces mucus to wash them away when you blow your nose to relieve congestion, cough, and swallow phlegm. Bacteria are forced into

the ears, sinuses and throat, as the infection spreads.

Many cases of URI cannot be prevented; the average person gets at least two or three colds per year. Almost all of them are contagious, so avoiding sick people can help prevent some cases.

Frequent hand washing can also help reduce the spread of many URIs and vaccines can also be used. For example, the flu shot is given to individuals every fall to help prevent the spread of the virus.

### Cold Weather Injuries

There are several ways to prevent cold weather injuries, with most of them similar to preventing heat injuries. Drink water, dress for the weather, eat right, and use the buddy system.

### Chilblains (perniosis)

Chilblains (perniosis, also known as pernio) is a reaction to cold, nonfreezing temperatures. It is seen most often in young people who have Raynaud's Syndrome and people who are exposed to damp, cold weather.

Symptoms develop two to 14 hours after exposure to cold weather and usually affect the hands, ears, lower legs, or feet.

Symptoms include:

- Local redness and swelling.
- Skin bumps.
- Changes in sensation, such as itching or burning.
- Tender blue bumps that develop after rewarming.
- Blisters and ulcers (in severe cases).

Treatment includes rewarming the affected areas, caring for



any blisters that form, and avoiding reexposure to cold.

### **Trench foot**

Trench foot (immersion foot) is a cold weather injury that occurs gradually over several days of exposure to cold, but not freezing temperatures. The name comes from World War I troops who developed symptoms after standing in cold, wet trenches.

Signs and symptoms of trench foot include:

- Red skin that turns pale and swollen.
- Numbness or burning pain.
- Leg cramps.
- No actual freezing of the skin.
- A slow or absent pulse in the foot.
- Development of blisters or ulcers after two to seven days.

First aid for trench foot focuses on rewarming the affected areas, relieving pain and preventing complications such as infection or tissue death.

### **Frostbite**

Frostbite is initially diagnosed based upon your symptoms and a physical examination. Various imaging techniques may be used to determine the severity of tissue damage three to five days after re-warming. After one to three weeks, imaging may also be used to help evaluate the condition of blood vessels that may have been affected and to identify severely frostbitten areas that may need to be amputated.

Do not rub the affected area because this may increase damage to the tissue. Do not use a heating pad, heat lamp, stove, fireplace, or radiator to rewarm the affected area; these may warm your skin unevenly or may burn your skin, particularly if it's numb and you cannot tell how hot your skin is getting on the surface.

If the skin tingles and burns as it warms, circulation is returning. The skin may turn red but should not blister or swell. If the skin does not seem to warm, if it remains numb, or if it blisters or swells, seek immediate medical attention.

Frostbite requires emergency medical care. If you think you may have frostbite, get out of the cold as soon as possible. If you cannot get medical help immediately and there's no risk that the area might be refrozen before you get help, warm the affected area as you would for frostnip.

If the affected area might be refrozen before you get medical help, do not warm it; this greatly increases the risk of damage. Also, do not walk on frostbitten feet or toes unless absolutely necessary.

Getting everyone back home safe is a team effort.

### **Hypothermia**

Hypothermia is a condition of body chilling that occurs when the body loses heat faster than heat can be produced by muscle contractions, metabolism, and shivering. A normal rectal body temperature ranges from 97.6 degrees F (36.44 degrees C) to 99.6 degrees F (37.56 degrees C) and for most people is 98.6 degrees F (37 degrees C).

Hypothermia is more likely to occur when a person is exposed to cold air or water, especially in wind and rain. Hypo-

thermia can occur indoors, especially in babies and older, or frail, adults that are not dressed warmly enough.

Early symptoms of Hypothermia

- Shivering
- Cold, pale, or blue-gray skin
- Lack of interest or concern (apathy)
- Mild unsteadiness in balance or walking
- Slurred speech
- Numb hands and difficulty performing tasks

Late symptoms of Hypothermia

- Trunk of the body is cold to the touch.
- Muscles become rigid.
- Slow pulse
- Breathing is shallow and at a slower rate.
- Weakness or drowsiness
- Confusion
- Loss of consciousness
- Shivering may stop if body temperature drops below

90 degrees F (32.22 degrees C)

Early recognition is very important for the treatment of hypothermia. If someone begins to shiver violently, stumble, or respond inappropriately to questions, suspect hypothermia and warm them quickly.

Medical treatment depends on the severity of the hypothermia. Treatment of mild hypothermia includes getting out of the cold or wet environment, using warm blankets, radiant heat, and hot water bottles. Moderate to severe hypothermia generally is treated in a hospital, where health professionals can give warmed intravenous fluids and humidified oxygen in addition to other treatment to warm the core body temperature. Most healthy individuals with mild to moderate hypothermia recover completely without permanent injury. Recovery is more difficult for older adults and people who are ill.

### **Cold Weather Accidents**

There is a problem with slips, trips, and falls every winter. Water can collect on stairs and paths and then someone can slip on the ice that forms. This is also true of walkways after the snow plows have been through and pack the snow down into a sheet of ice. Pulled muscles, sprains, and even broken bones can result, and that is no way to close a deployment.

Also be careful of the room heaters. Over the summer, articles in most Soldiers' rooms have been moved, and could be a hazard when starting up the heaters.

The best way to prevent these problems is to start both of the heaters in the room soon, before they are needed. Open the windows first, and stay there while the heaters operate. After about 15 minutes, if there is no problem, turn them off and they should be ready for the cold season.

Staying aware of your surroundings and keeping your 'head in the game' will help everyone get home safe.

For more information about cold weather safety, see your safety officer, visit the personnel at preventive medicine or visit the CHPPM website at [chppm-www.apgea.army.mil](http://chppm-www.apgea.army.mil) on the world wide web for additional information on these topics.

# Martial Arts & Military

Story and photo by Sgt. Matt Jackson

Sgt. 1<sup>st</sup> Class Turner Ray Roberts III is not the imposing, crusty, old sergeant one might expect from a Soldier who was drafted into the Army more than 30 years ago, but don't let his soft-spoken and placid demeanor fool you.

"I'm a master martial-artist, lethal and dangerous under the right protective defensive conditions," said Roberts, an escort with the Task Force Falcon Joint Visitor's Bureau.

Roberts began studying martial arts in 1974 while working as a jailer for the Inglewood, Calif. Police Department after being informed that everybody in the prison knew Karate, but him.

"So I paid for 15 months up front immediately and within six months of taking lessons, I was attacked in the jail and applied my martial arts skills," said Roberts. "I hit one attacking prisoner with a reverse punch in the sternum and it caused him to fly across the jail cell in the air a good nine feet. So, I was absolutely, thoroughly convinced that the little martial arts training I did have was worth every penny I paid, and I just stuck with it."

Three decades later, Roberts holds both a 7th degree black belt in Kenpo Jujitsu and a 3<sup>rd</sup> degree black belt in Kajukenbo, and is rated a master by the Inglewood Police Department.

"It's not the belt that's going to defend me," said Roberts, "it's my knowledge, skills and ability."

Roberts taught Kajukenbo for the Los Angeles Police Department Youth Program for seven years, and has also taught martial arts to Los Angeles County law enforcement officials.

"Everywhere I go I teach it because it gives me something to do and it allows me to help people," Roberts said. "I don't have computer skills, or basketball skills to give, but if you're interested, I can give you martial arts skills."



"Kajukenbo," said Roberts, "is a combination of five different arts developed by Professor Adriano Emperado, who was a Hawaiian Harbor Patrol Police Officer. It's Karate, Judo, Jujitsu, Kenpo and Chinese Boxing. It's the best of five arts rolled into one."

According to Roberts, this melding of styles gives Kajukenbo an advantage over other single-discipline arts.

"In order to defeat your enemy, you must know your enemy. You must know his style, and the more styles you know and are familiar with, the more you can defend and defeat. That's why I stuck with the Kajukenbo style."

Stamina, endurance and knowledge of the body are some of the benefits Roberts attributes to martial-arts training.

Roberts teaches Kajukenbo at the South Town Fitness Center every Tuesday and Thursday evening from 7:00 to 9:30.

"Anybody that can get through the gate here at Camp Bondsteel can join," said Roberts. "All I ask is that they show respect."

Roberts promises the same respect in return.

"Just like I am a master, anybody can be if they put themselves to it," said Roberts. "I have no idea who else is. So for that reason, I am kind to everybody. I'm polite to everybody and I'm courteous to everybody."

"I will never initiate violence," he said with a warm, broad grin, "and if I have to, I will run first. I am non violent, but the martial arts constantly reminds me of how deadly and dangerous I could be."



# OVERWATCH IN BULGARIA

Story By Sgt, 1<sup>st</sup> Class Duff E. McFadden

Sofia, the capital city of Bulgaria, is home to more than 1.2 million people, the second oldest capital in Europe, and the center of the country's political, economical and cultural life. Whether it's the culture, food, entertainment, or the nightlife, Sofia has something for everyone.

Thanks to the Fighter Management Pass Program (FMPP) U.S. Soldiers now have a tranquil environment in which to relax and unwind, for four days.

That's where Staff Sgt. David Cabot, 40<sup>th</sup> Military Police Company, Task Force Dragoon, and his military police team help, by providing security for the relaxing troops.

According to Cabot, it's the ultimate military police mission – safeguarding the Soldiers. There's no better job in the military, he said, than being a military police officer.

"We're here to provide a safe and secure environment for our soldiers so they can relax," added Cabot.

It begins before the troops get off the bus. Cabot gives them a quick description of what to expect and then he's busy scanning the group, memorizing faces and names while they're filling out paperwork.

While Cabot has served as the Non-Commissioned Officer in Charge here since June, the other MP members rotate in and out, based on merit. Some have professional law enforcement experience, some are students fresh out of high school.

"My staff here is excellent. They need to have a lot of responsibility and maturity. Lots of times, you're on your own," Cabot said. "They also need integrity, as they're still under General Order Number One. They don't give me any

problems and I don't have to spend my resources watching them."

One facet of providing a safe and secure environment is 24-hour manning of the Tactical Operations Center (TOC) within the hotel. Besides answering questions and assisting Soldiers, the TOC provides accountability

faces or in their way, we just want to let them know we're here. We also keep contact with the management. We're on a first name basis with them.

"We provide a presence patrol, providing visibility for us and for the Soldier. If they need us, we're there. We're not an incident patrol. Most of the clubs have

bouncers and once we respond to incidents, it's usually after the fact, it's already been settled. We're here to protect the Soldiers, not get them in trouble or embarrass them," said Cabot.

One of the best parts, he said with a smile, is "getting a kick out of seeing them get crazy on the dance floor."

Later, the patrol will take a break and see how many troops are signed in and then return to the hotel by

5:00 a.m. If someone has not signed in by that time, they're late and a missing/lost soldier report is filed.

However, if everyone is in early, Cabot will take over the TOC duties, until the day shift arrives.

Cabot hopes to make the most of his Bulgaria experience, even trying to learn the Bulgarian language. He said he's not very good and confesses how, when he uses it, "they look at me with a very confused look.

"I love it here. It's such a mixture of East and West. You look at the Cyrillic language and you can tell it's different. It's a great place. The people are really incredibly nice, even if they can't understand what you're saying."

The last scheduled FMPP for Sophia, Bulgaria, is the first week of December.



PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

Part of the Military Police team keeping U.S. KFOR troops safe and secure in Kosovo, are Spc. Clemente Ramos, Spc. Casey Bryant, Sgt. Crystal Hernandez and Staff. David Cabot, Noncommissioned Officer in Charge. Their task, according to Cabot, is the ultimate military police mission safeguarding the Soldiers while they relax.

for all FMPP troops, with a daily, mandatory 5 a.m. sign in. TOC officials also monitor many different security cameras located throughout the hotel, including all entrances and U.S. floors.

The other large part of security involves the nightly patrols of local establishments.

Cabot personally walks the patrol most nights, touring those establishments most frequented by Soldiers. The patrol consists of MPs, Bulgarian police officers and a translator.

"Normally, we'll hit the restaurants and the pubs on our first trip, since it's around dinner time and when they'll be there. We'll have dinner ourselves, and then make our rounds of the clubs.

"What we're looking for are Soldiers. I do a head count and look to make eye contact. It's not necessary to get in their

# The future Generation

*Photos by Spc. Alicia Dill*



*Thought you had seen it all? Take a closer look at the future of Kosovo and remember why you are here. In the cities of Kamenica/Kamenicë, Gnjilane/Gjilan and Celik, local children show us another side of the province.*

Top left photo, A young boy hides underneath his family's wagon, trying to escape the "paparazzi" during a MEDCAP held in Celik. Bottom left photo, A young girl keeps a tight hold around her baby brother in Mucivrcë/Mucivërc. Top center photo, A brother and sister finish the errand of grocery shopping and try to keep dry from the rain in Gjilan/Gnjilane. Top right photo, Sightseeing is one way this young local passes her time in Kamenica. Bottom right photo, Three little girls, all in row, pose for a photograph in front of a mosque in Kamenica/Kamenicë.









# A lasting MP celebration



Spc. John Long, Sgt. Christopher DeJesus and Spc. Adrian Biason, 40th Military Police Company, Task Force Dragoon, work together to complete the land navigation course held at Camp Bondsteel.

*Story and photo by Spc. Lynette Hoke*

The Military Police Corps is one of the youngest branches of the United States Army. It was officially established Sept. 26, 1941. During the week of Sept. 26, 2005, the Soldiers of Task Force Dragoon in Kosovo celebrated the 64<sup>th</sup> Anniversary of the corps.

"The anniversary of the Military Police Corps is a celebration of all the Military Police Soldiers that have come before us," said Staff Sgt. Anthony R. Gannuscio, Bondsteel Holding Facility Noncommissioned Officer in Charge, Task Force Dragoon. "It is to commemorate all of the accomplishments of the corps in making the United States the country that it is today."

The 40<sup>th</sup> Military Police Company held a three-day competition at Camp Bondsteel, similar to the annual regimental competition held at Ft. Leonard Wood, Mo.

"I applaud our task force and all of

our Soldiers that were involved in setting up the week's activity," said Gannuscio. "At Ft. Leonard Wood they are having a host of activities to commemorate the 64<sup>th</sup> Anniversary of the Military Police Corps."

The Task Force Dragoon competition consisted of individual and three-man team events. The events included land navigation, a high mobility multi-purpose wheeled vehicle (HMMWV) push, MP crew drills and other individual tasks. Enthusiasm was high and the final team scoring was close.

"I was the NCOIC of the MP competition, so I had the fun of setting up challenging tasks for our Soldiers to perform," said Gannuscio. "It was great to watch our toughest Soldiers give everything they had while going through three days of grueling activities."

After all the of the exhausting events,

Sgt. Timothy London held the best individual score. The three-man team with the winning final score was Sgt. Timothy London, Spc. Lucas Aguilar, Spc. Joaquin Fernandez, all members of Task Force Dragoon.

After the anniversary comes and goes, in the hearts of Task Force Dragoon Soldiers, the desire to be a military police officer remains. One MP found he will never be able to give up the pride that comes with being a part of the Corps.

"I first became a member of the MP Corps in 1979, after completing basic and advanced individual training at Ft. McClellan, Ala.," said Sgt. Robert A. Lunn, Desk Sergeant, Camp Monteith Provost Marshall Office, Task Force Dragoon. "I was a military police officer for three years on active duty, then for another seven in the National Guard (40<sup>th</sup> MP Company) and Army

**MP anniversary** *continued on page 30*





PHOTO BY SGT. 1ST CLASS JOHN MAKAMSON

The Soldiers talk amongst themselves as they await the arrival of dinner. A perfect time to catch up with fellow military police officers.

# A TIME OF REMEMBRANCE

Story by Spc. Lynette Hoke

A staff sergeant squares back his shoulders and clearly announces, "May I call your attention to the table prominently located at the front of the room; this table is reserved to honor our fallen and missing comrades in arms." Conversation quickly deadens throughout the room and the attention of more than 80 military police Soldiers is now given to the speaker.

The cue to dim the house lights is given and the candle light from an empty table setting becomes the focus. Taking in a deep breath, the staff sergeant begins to explain the reason for the empty seat.

"This table, set for one, is small to symbolize the frailty of one Soldier alone against his oppressors," he gestures to each item for emphasis. "The chair is forever empty symbolizing that the Soldier can only be here in spirit. The white tablecloth symbolizes the purity of the Soldier's motives when answering the call to duty."

The staff sergeant continues, "The single red rose reminds us of the life of the Soldier. The red ribbon sym-

bolizes our continued determination to account for those missing in action. Salt spilled on the plate represents the tears of the Soldier's loved ones, while the slice of lemon

reminds us of the Soldier's bitter fate. The glass is inverted symbolizing the Soldier's inability to share the evening's toast."

Remaining composed; the staff sergeant turns to the audience and makes a small request "I would like us to take a moment to remember the Military Police lost during Operation Iraqi Freedom. The light of the candle serves to remind us of the ultimate sacrifice our fallen comrades and their families have made to preserve the precious freedoms we cherish. In a small tribute,

I ask that we take a moment of silence as an expression of our

gratitude to those who sacrificed for us."

Military Police personnel stand/sit breathless as the bugle plays Taps. During the silence following Taps, the sergeant salutes the table, bends over slightly to blow out the candle, and returns to his seat.

This remembrance was one of many events that occurred at the Military Police 64<sup>th</sup> Anniversary dinner held at the Restaurant Bujana in Gjilan/Gnjilane, Kosovo.



PHOTO BY SGT. 1ST CLASS JOHN MAKAMSON

The table is set up to remember the fallen military police officers who have fell in the line of duty and who served their country.

# Operation Balkan Hawk

## Americans crossing the line



Top photo, During Operation Balkan Hawk, a car is "set on fire" as part of a crowd riot control exercise. Bottom left photo, Belgian Soldiers from Multinational Brigade (Northeast) form in a line to drive back the rioters during the crowd riot control exercises held at Camp Vrelo.

*Story and photos by Staff Sgt. R. David Kyle*

The peace and quiet of a beautiful day was shattered when a small demonstration began to turn into an ugly riot. Waving signs and chanting, the crowd moved towards a barricade of Kosovo Police Service (KPS) officers. Quickly things got out of hand and the KPS radioed for KFOR reinforcements.

Before the KFOR response of Belgian and Portuguese Soldiers arrived, elements of Company B, 1-635<sup>th</sup> Armor, Task Force Tornado were already there. They were the ones chanting, waving signs, and throwing water bottles at the KPS.

When Company B, Task Force Tornado received the mission to provide a safe and secure environment in Kosovo, they did not realize they would also be asked to take part in a riot. Operation Balkan Hawk, a crowd riot control (CRC) exercise conducted at Camp Vrelo, needed people to act as a riotous crowd for the October 3-6 training.

"Balkan Hawk was an exercise that was conducted to train KFOR Forces to rapidly respond to a crisis situation in Kosovo," said Maj. Jerrie Muir, chief of plans for the G3 section, Multi-



national Brigade (East). "The exercise involved the movement of troops and equipment by both ground and air to various locations in Kosovo including Camp Vrelo."

While Task Force Tornado Soldiers have conducted their



own CRC training in the past, they have never acted as the troublemakers for another KFOR brigade's training.

"During this exercise my unit acted as the demonstrators and played the competitor's role," said Capt. Jason Nelson, commander of Company B, 1-635 Armor, Task Force Tornado. "We are the OPFOR (opposing force) for the KFOR forces to practice some crowd riot control techniques."

The Soldiers of Company B understood it was important to take an active part in the riot to enhance the realism of the exercise.

"In this exercise, I was a COB (civilian on the battlefield) and rioter," said Spc. John Hornbaker, a rifleman with Company B, 1-635 Armor, Task Force Tornado. "Basically I threw water bottles and made lots of noise, trying to distract the crowd control personnel."

The Americans were teamed up with Danish Soldiers to provide a combined total of about 100 angry rioters. To provide the best training possible, there were personnel scattered throughout the crowd to provide command and control as things escalated.

"My role during this exercise is going to be command and control for my company, tell them to be more aggressive, or less aggressive and those kinds of things," said Nelson. "It's also going to be a liaison-type role with KFOR headquarters elements, so we can take guidance from them and adjust the way we're participating in the exercise."

As the rioters were directed to increase their aggression, KFOR responded by airlifting in Belgian and Portuguese Soldiers to assist the KPS with crowd control.

"My company was CRC-equipped and trained, and was a reserve unit for KFOR," said Capt. Bruno Van Loo, commander of BELCOY, 1st Regiment Jaegers Te Paard, MNB (Northeast). "After the heliborne operation, we reinforced the KPS unit that was in trouble at the riot."

The swirling crowd eventually began to encroach upon the KPS and KFOR positions, triggering a response that pushed them away from the simulated United Nations building.

"There was lot of yelling, a lot of bottle throwing, then they basically pushed us back to a safe area they wanted," said Hornbaker. "When they came charging at us with the shields and batons up, they meant business. They did a pretty good job."

After the first phase was over, there was time for Soldiers on both sides of the shield line to offer congratulations on the training and reflect on some of the different CRC techniques each nation uses.

"We use different enforcement techniques than they did," said Spc. Matthew Feldt, a driver with Company B, 1-635th

Armor, Task Force Tornado. "Some of the stuff they do is different. They spread out a little bit more than we do and we have more people in the back."

"During this exercise I was standing in the front line with my section trying to keep the rioters away from the KPS building," said Pfc. Tom Van Mieghem, a driver with BELCOY, 1st Regiment Jaegers Te Paard, MNB (Northeast). "I thought it went pretty well, because you can see the techniques of the other countries. We can learn stuff from them,



A crowd of American and Danish Soldiers act as a mob rioting in front of a mock United Nations building during the crowd riot control exercise held at Camp Vrelo.

they can learn from us. It was a good exercise."

One thing everyone agreed, on was these exercises are valuable and should continue. Task Force Tornado's mission here in Kosovo is to maintain the peace, and the possibility of being tasked to reinforce another brigade's area continues to be a training factor.

"Conducting these exercises with other nations is important so you can get the experience of working with them," said Nelson. "We can learn their crowd riot control techniques; they can learn our crowd riot control techniques, so we can understand how each other would react in these types of situations so we can better support each other."



# Birth of leadership, a modern approach

Story by *Spc. Alicia Dill*

The Ancient Macedonians are among the most famous nations in history. Probably the most famous of all, in the row of renowned ancient Macedonians is Alexander The Great of Macedon, who was driven by his idea of a World State where all the people will live together in equality. "Alexander III the Great, King of Macedonia and conqueror of the Persian Empire, is considered one of the greatest military geniuses of all times," wrote Alexander Donski, historian in the book, *Ancient Macedonian Heritage in Today's Macedonian Nation*.



With a past rooted in military conquests and victories mixed with centuries of war and violence, the Former Yugoslav Republic of Macedonia is modernizing their army. By developing the educational system of their Non-commissioned Officers Corps, Macedonian Soldiers are paying tribute to the great military minds who came before them.

One way that U.S. KFOR Soldiers support the changing army is to provide equipment, teaching assistance and technical training for the F.Y.R.O.M. Soldiers.

"In the past, it was their officers who decided how they would train, and they did all of the detailed planning," said Sgt. 1st Class Timothy Kennedy, C Company, 40th Forward Support Battalion, Task Force Med. "Their military system in the past was based on the old "Soviet model" so they didn't have a clear understanding of a NCO's duties and responsibilities."

Taking the U.S. Army's model for NCOs, six Soldiers from Multinational Brigade (East) headed south to F.Y.R.O.M. for five days of instruction and training.

"What we did was narrowed a set of classes that they wanted us to teach and we pulled them from the Primary Leadership Development Course and Basic Noncommissioned Officer Course program of instruction and had them translated into Macedonian," said Command Sgt. Major Joe Romans, 1-635th Armor Battalion, Task Force Tornado. "We said, these are the blocks of instruction that we are going to teach you to U.S. Army standards, to Non-

commissioned Officer education system standards, so the NCOs can teach their NCOs."

After arriving and meeting with the F.Y.R.O.M. Soldiers, the mission changed directions because of the students experience.

"They are good NCOs, intelligent and eager to learn, and they are certainly capable of being good instructors, but what they lacked was experience," said Romans. "We had students with as little as 6 months, and at most three years experience and none of them had expertise in any of the subjects that we were teaching. All we could do was give them skill level one knowledge, but it takes time to instill that experience."

"I learned specifically that all the Soldiers we taught were very talented and had all the tools they needed to build a professional NCO corps," said Kennedy. "They needed our assistance in giving them some skills, direction and resources to help them accomplish that."

However, the learning process did not stop when class was over.

"The F.Y.R.O.M. Soldiers were some of the most enthusiastic and eager troops I have ever had the privilege to teach," Kennedy said. "They asked us questions about training, professional development and common task training skills before, during and after classes."

Besides the classroom training, the U.S. KFOR troops also gave the F.Y.R.O.M. Soldiers a few lessons in Soldier care.





PHOTOS COURTESY OF SGT. 1ST. CLASS TIMOTHY KENNEDY

Background photo, Near the village of Veles in F.Y.R.O.M. lies the ancient Roman village of Stobi, with ruins dated to before Christ. Top left photo, Two F.Y.R.O.M. Soldiers participate in the land navigation course as part of their training. Top right, Teachers and students pose together for a group photograph.

"We wanted them to know how important it is to get the mission accomplished but also taking care of Soldiers at the lowest level and interspersed that into all of our training," Romans said. "We were trying to instill in them how important an NCO can be in a Soldier's life and what an impact they can have on a Soldier."

"I have little doubt they will be able to build on their successes and the training they received to help them accomplish their task," said Kennedy.

The teachers also included a patriotic message in the lectures and hands on training.

"What we gave to the Soldiers was a glimpse of the American way of life and what makes us proud to wear this uniform and to do the job that we do," said Romans. "They really seemed to appreciate us being there and they were full of questions about our country. When you can leave that kind of an impression on a budding democracy then you have had an effect that goes above just teaching in a classroom--you are instilling an ideal."

Working with another nation's army also gave U.S. troops a chance to reflect back on their own military history.

"The fact that they would pick us to emulate and model to

train their NCOs is a compliment to the U.S. Army and where we have come," said Romans. "It took us from 1775 until now and we are still improving on our product and the education we give to our Soldiers."

From one troop to another, the instructors gave the students another reason to hold their army to the highest standards.

"The last thing we left them with was the Warrior Ethos, something we all should know," he said. "I substituted F.Y.R.O.M. for the United States parts when I read it to them and then they stood up and recited it in Macedonian after me. 'You could see them stand a little taller and square their shoulders up as they read it and it was just great to see that pride.'"

Lessons learned and mission completely closed out the training week, but important relationships made for a positive experience.

Romans said, "Now, they won't just see a U.S. flag on a nameless, faceless Soldier standing on the other side of the border, now they have got something to relate to, and they now have a better understanding of what our mission is here and what we are trying to accomplish because they are going to be here long after we are gone."





Spc. Terry O'Neal, assistant gunner, Company C, 1-160th Infantry, Task Force Sidewinder assists Spc. James Tiller, gunner, in performing illumination gunnery duties with an 81 mm mortar system at range four.

# Turning night into day

*Story and photos by Sgt. 1st Class John Makamson*

A late evening of mortar gunnery for Soldiers of Company, C 1-160<sup>th</sup> Infantry, Task Force Sidewinder, ended with a bright finale when they fired illumination rounds into the night sky at the

Ramjane range.

The Soldiers are used to performing mechanized infantry missions with their infantry counterparts, but a few Sunburst Soldiers have additional duties. They also serve as the battalion's

indirect fire team equipped with the 120 mm mortar systems with an 81mm insert. When illumination rounds are fired toward the heavens, these mortars can literally turn night into day.

"The hardest part of night fires is





knowing where everyone is supposed to be located, because of limited visibility," said Sgt. Rafael Orozco, squad leader, Company C, 1-160th Infantry, Task Force Sidewinder. The mortar section and M2 Bradley commander, is from Orange, Calif.

Limited visibility is a hindrance to any operation. When night falls, even the most common mortar tasks can be a challenge. Tasks like aligning the weapons system, sighting-in the gun tubes and dialing in the time setting on the

mortar rounds, presents a new challenge for the Bradley Fighting Vehicle crewmen, turned mortar gunnery men.

"The benefit of this type of mortar is that it is a battalion-level asset. The task force commander can employ the mortars without having to request fire from outside his unit," said Staff Sgt. Todd Cole, Company C, 1-160th Infantry. "With this system we have indirect fire with a range similar to the big field artillery guns. It is located with the troops, so it is highly mobile and we can have a gun system up in less than one minute, ready to fire."

If fellow troops run into trouble, one possible mission would provide them cover fire with High Explosive (H.E.) rounds to help them in a dangerous situation.

The mortar teams have the ability to roll out with the line companies to support them closer to the threat. This means the target can be neutralized much quicker. Cole said, that even



Spc. Terry O'Neal calls out fire commands as Spc. Rafael Orozco, hang a round in the gun tube of an 81 mm mortar system.

though artillery can provide similar support, speed is the key; the mortars teams have the ability to pick up and move with the Soldiers.

"Our mission here tonight is primarily what we call 'floating the bubbles,'" said Orozco, "if you don't level the bubbles your mortar will not be accurate.

"What that means, is we make sure we line up our redicals with the aiming stakes that we have out from our positions. Dropping a round down the tube moves the redical each time, and being able to put the rounds down range allows us to line those back up and level the bubbles on the sights under practice," he said.

"The toughest part for us firing at



night is simply lining up the redicals and the aiming stakes," said Orozco. "For us, it's aiming at two chem-lights, a hundred meters away that you have to line up in your redical in the dark with nothing more to help you see than another chem-light."

This live-fire exercise with illumination rounds emphasizes training and lets the Soldiers focus on gunnery skills.

"It benefits the crew by firing at night," said Cole. "The Soldiers practice preparing, loading and firing illumination rounds down range in support of

other friendly troops on the ground, so they can see their targets better."

"Firing illumination rounds helps Soldiers put eyes on the target, acquire the target much faster and neutralize the threat," said Orozco.

"The mortar team receives a fire mission and with that information we have to set a deflection and elevations on the gun tubes, then we level the bubbles on the sights and ensure that information is correct. We do this so the rounds will hit the target," Cole said.

On average, an illumination round can light up an area the size of half a grid square, or 500 meters. Having the power to turn the night into day, is just another tool the task force commander has in order to complete his mission here in Multinational Brigade (East).



Players and fans gather at the Desanka Maksimovic School to participate in a 3-on-3 basketball tournament organized by Radio Kamenica and KFOR.

# Speakers and Sneakers

*Story and photos by 1<sup>st</sup> Lt. Tim Mills*

A four-sided fence encloses the playing area as two teams work to move the ball toward their respective goals. It's organized fun, with a lesson in teamwork, and the residents of Kamenica/Kamenicë are showing their support.

The excitement started with a soccer tournament on June 11, which attracted six teams and over 100 people. On June 19, it switched to basketball, where eight teams and approximately 200 participated in the event. Another tournament on October 3 attracted over 125 participants to the Desanka Maksimovic School where 12 teams registered to play.

All of the tournaments have been successful, drawing inter-ethnic participation by Serbs, Romas, and Albanians.

What started as a radio show



With linguistic help from Patrik Shehu, 1LT Brian Waksmunski talks to a young fan.

during this rotation has turned into much more: a relationship with a common goal of delivering a message.

Radio Kamenica and Company A, 578<sup>th</sup> Engineers, Task Force Sidewinder are working together to send a message to the community, using sports tournaments to reinforce ethnic tolerance between the youth and adults in Kamenica/Kamenicë.

"The idea came about through the disc jockey (DJ) shows," said 1<sup>st</sup> Lt. Brian Waksmunski, Executive Officer, Company A, 578<sup>th</sup> Engineers, Task Force Sidewinder. "The thing about Radio Kamenica that is different than some of the other stations that we work on is that it (as a station) functions



multi-ethnically.”

Beyond multi-ethnic broadcasting, Radio Kamenica has a multi-ethnic staff.

“We have 13 on the staff,” said Lavdim Klaiqi, Co-Director, Radio Kamenica. “There are five Serbs, one Roma and seven Albanians.”

The radio station’s vision is something Waksmunski and his DJ’s have been able to work well with.

“We were already doing a regular question and answer interview for the Kosovo Serbs, and one day the Kosovo Albanian workers asked if we’d be willing to do something more,” said Waksmunski. “I told them we didn’t have any more funds, and they said, ‘Well then you can do it for free, because we just want to have KFOR on the show’ It was real nice.”

The donated broadcast time has been a great opportunity to interact with the community, and the chance to DJ has been a hit with the Soldiers.

“My younger Soldiers have an opportunity to do something they never expected to be part of their mission in Kosovo,” said Waksmunski. “Something they really enjoy, something that they write home about and look forward to. You can’t say enough about that kind of morale opportunity.”

Spc. Jorge Rodriguez, supply specialist, Company A, 578<sup>th</sup> Engineers, has been a DJ since the 6B rotation started. “It’s a lot of fun,” said Rodriguez, who does radio shows with fellow DJ, Pfc. Martin Quesada, combat engineer, Company A, 578<sup>th</sup> Engineers.

“Sometimes we have to extend the radio show because we have a lot of people calling in,” said Rodriguez. Because of all the interest in the show, there have been times the show has gone almost three hours, he said.

Rodriguez and Quesada aren’t the only ones with high morale. The community is generating a lot of excitement over the tournaments as well.

“The people kept coming by the radio station and asking, ‘When are you going to organize the next one?’” said Klaiqi. “At that time, we didn’t have a clear idea, so we didn’t know how to respond to them. We kept telling them maybe next week, next week.”

This is a relationship Waksmunski had hoped would materialize between the community and the radio station.



**“Many hands make hard work” as two teams compete for the ball during a basketball tournament held in Kamenica**

“It would be great if by the end of the summer instead of this being something sponsored by KFOR and Radio Kamenica, it’s something that’s more Radio Kamenica and KFOR,” said Waksmunski. “Where we’re really in the background and what you have is a radio station that belongs to the public that’s organizing an event, publicizing the event and getting people to come together.”

At the most recent tournament, Waksmunski took another step back. Radio Kamenica was registering the teams and organizing the competition, while Waksmunski walked around shaking hands and talking to the par-

ticipants.

After a couple of hours of intense competition, darkness threatened to end the tournament prematurely. However, Kamenica/Kamenicë Fire and Rescue had approved the use of a light so the tournament could continue.

After the final match-ups and the competition ended, the awards were presented and the crowd dispersed.

Inside the four-sided fence, two teams work together to move the table and chairs off the court.

There was no music, microphone or speakers, tonight’s lesson was about teamwork; a simple lesson taught with a pair of sneakers.

# Veterans of Foreign Wars

Story by Staff Sgt. John C. Warren

Some people ask, "What is that?" Some say, "Isn't it a bunch of old guys sitting in a small, smoky bar, drinking cheap beer?"



Others say they've heard of it, but don't know if they can join or why they should.

Perhaps you've had these same thoughts as you pass by the tall, dated signs with the letters "VFW", or while sitting at a stop sign reading the details about an upcoming pancake breakfast.

The Veterans of Foreign Wars (VFW) was organized in 1914 after the merger of the American Veterans of Foreign Service (Columbus, Ohio) and the National Society of the Army of the Philippines (Denver, Colo.) as a way to secure rights and benefits for veterans. Congress chartered the VFW in 1936.

According to the VFW website, the VFW mission is to "honor the dead by helping the living," through veteran's service, community service, national security and a strong national defense.

The VFW currently has 2.4 million regular and auxiliary members on its rolls. Yes there are many "old guys" in the VFW, but it is important to remember they weren't always old. Many were younger than most of the Soldiers in Task Force Falcon when

they became eligible to join.

You may be asking, "What are the qualifications to join?" You may be wondering if you are eligible. The answer is yes. Being in Kosovo and earning the Kosovo Campaign Medal makes the troops within Task Force Falcon eligible to join.

If you're looking for reasons to join, the VFW has plenty. There are many excellent benefits to the member.

Posts often have adopt-a-unit programs where care packages are prepared and sent to Soldiers. Operation Uplink phone cards are also sent to troops deployed overseas.

It's important to realize their efforts don't end with care packages and phone cards. The organization does much more by providing over \$2.5 million in scholarships to high school students every year.

Additionally, there is a National Children's Home in Eaton Rapids, Mich. for children and families of VFW members or fallen comrades.

This home is solely funded by donations from individuals and organizations, with a majority of the funds

coming from VFW members.

Another way the VFW supports troops is through assistance. VFW helps America's veterans through the National Veteran's Service. The NVS provides representation when veterans need to claim their entitlements (not benefits).

You may be surprised to know that there is a VFW Service Officer located at every regional Veterans Administration, i.e., Los Angeles, San Diego, Sacramento and Oakland, serving the California area. Philadelphia and Pittsburgh serve Pennsylvania, and Kansas has offices in Wichita, Topeka and Leavenworth, just to mention a few.

The VFW is helping the living, visit [www.vfw.org](http://www.vfw.org), to find a post near you.

Although they do not demand participation, they strongly encourage it. It's your organization.

Join using the website or sign up with a member here in theater. Check it out; it's a small investment for a lifetime of benefits.

Information for this article was provided by the VFW and VFW National Children's Home websites and G. Douglas Willey, former post commander, VFW Post 10694, Santa Ana, Calif.





PHOTO BY STAFF SGT. R. DAVID KYLE

# MILITARY 'PHONIES & WANNABEES'

Story by Gene-Thomas Gomulka

When I recently wrote an article entitled "Impersonating a Navy SEAL," I had no idea of the number of individuals who fraudulently mislead innocent people to believe they are highly-decorated servicemembers.

In response to my article, one Navy SEAL wrote that I should have more vociferously denounced as "despicable" and "dishonest" those who falsely claim to have served and suffered in the defense of our country. He went on to say that "those who have not served in any capacity are not capable of feeling or sensing the great pride that we have in our accomplishments and reputation, nor of recognizing the tremendous injustice that is done by those who falsely co-opt our accomplishments as their own."

A very important resource that attempts to expose "phonies and wannabees" is the Prisoner of War network [pownetwork.org](http://pownetwork.org) that provides links dedicated to identifying and exposing frauds like the man who impersonated a Navy SEAL. While the network's mission is education on the POW issue and maintaining the history of Vietnam POWs and MIAs, exposing phonies has become an unexpected and sad result of attempting to complete the Vietnam biology project. The network

also provides links to several organizations that are dedicated to uncovering those who make particular false claims (e.g., Medal of Honor or Purple Heart recipients). With the war in Iraq and Afghanistan, the number of military phonies has increased. Thousands of imposters are identified on the POW Network because civilian and military law enforcement agencies are not taking steps that lead to prosecution of these individuals. According to M. Schantag, a POW Network spokesperson, "most victims are unsuspecting women, many of whose lives are destroyed, savings gone, and self-esteem shattered."

Anyone interested in learning more about the extent of this problem may wish to read *Fake Warrior* by Henry Mark Holzer. The book aims to "identify, expose and punish those who falsify their military service."

According to Holzer, "there is a serious problem of fake warriors who act out, for a variety of neurotic and psychological reasons, resulting in unacceptable moral, legal, financial and other consequences." He encourages people "to identify the fakers, to make common cause with others who want to do something about the problem, and use the many legal and social tools available to counter this problem."

The problem is also being highlighted in various civilian publications. For example, the May 30, 2005 edition of *People* magazine featured an article about Eric Cooper, who married seven wives in 10 years. Cooper, who is being prosecuted for bigamy, either posed as a Navy pilot or SEAL in wooing the women into marriage.

Not only do individuals lie about having served in the military, there are also organizations that attempt to extort donations under false pretenses. The POW Network has posted a warning about an organization by the name of "Let Freedom Ring."

According to the warning, while this organization promises "\$6,000 grants to war injured Soldiers," no troop has received a penny to date.

Chaplains and chapel finance committees involved in the disbursement of religious offering funds should be careful when receiving such fund-raising appeals.

Those who suspect that an organization may be guilty of institutional fraud, or that an individual may be fraudulently claiming to have received certain military decorations (e.g. Medal of Honor, Silver Star, Navy Cross), is encouraged to contact the POW Network at: [info@pownetwork.org](mailto:info@pownetwork.org)

Reserves (6632<sup>nd</sup> Port Security Detachment)."

"I left the Army in 1989, then I came back into the Guard in 2003 (870<sup>th</sup> MP Company)," he said. "I have never wanted to do any other job in the Army."

"Although we are thousands of miles away, I am glad that we got to celebrate this very important week, and pay tribute to the men and women of the Military Police Corps," said Gannuscio.

Soldiers within the corps take it very seriously. Gannuscio, a native of Rancho Cucamonga, Calif., reflects on some of the standards that come with being an MP.

"I think being a military police Soldier, you must set your standards just a little higher than the normal Soldier," said Gannuscio. "Not only are you responsible for your own conduct as a Military Policeman, but you are also responsible for policing the conduct of others."

"I have always felt that being an MP meant holding yourself to a higher standard as a Soldier," said Lunn. "People have always looked at the Military Police to uphold standards in the Army, and if you are not 'squared away' then it is difficult to do that. Helping Soldiers is what we do."

"Our motto says it all, 'Of the Troops, For the Troops,'" he said. "When I get the chance to help someone, that is when I feel immense pride in my chosen military occupation. I am proud to call myself a member of the United States Army Military Police Corps."

Association with the Corps comes with a daily cost. Discipline, pride, devotion and truthfulness are just a few of the things that a military police officer must have to complete the mission.

"To be able to do this job, a person has to make sure they are squared away first," said Gannuscio. "I know the Soldiers of our task force take this responsibility very seriously, and they show pride in the job they do every-day."

The Kosovo Forces 6B rotation has given some of the Dragoons memories that will last long after their deployment is over.

"Overall, I have enjoyed my experiences here in Kosovo," said Lunn. "I

was lucky enough to be assigned to the Gjilan/Gnjilane MP Sub-Station when we first arrived here. That gave me a chance to interact with Kosovo Police Service Officers, United Nations Mission in Kosovo Police Officers, and the people of Kosovo on a daily basis. I have made some relationships that I am sure will last after I leave here."

Soldiers have been assigned military police duties long before the establishment of the Corps.

Troops in the Veterans Reserve Corps and Provost Corps performed military police duties during the Civil War and MPs served with distinction during the Spanish- American War, World War I & II, the Korean Conflict and Vietnam. As a result of their distinguished service in Vietnam, the Military Police Corps was designated as a combat support and service branch on Oct. 14, 1968.

Since Vietnam, the versatility of the Military Police Corps has made it a "Force of Choice," for use in low-intensity conflicts and operations other than war in which our nation has been involved.

*"Our motto says it all, 'Of the Troops, For the Troops,'" he said.*

During Operations Desert Shield and Desert Storm, the military police provided area security, conducted battlefield circulation control, and exercised custody over thousands of Iraqi prisoners of war, a job they're performing today as a part of Operation Iraqi Freedom.

Since 1991, military police have assisted in restoring hope to Somalia and upholding democracy in Haiti. They are maintaining order in war-torn Bosnia, as well as conducting patrols, operating checkpoints, and conducting investigations in an effort to keep the peace in Kosovo.

In the homeland, MPs have been busy providing disaster relief, quelling prison unrest, and combating urban riots while fulfilling their fundamental function to maintain discipline and security within the Army.

As one the most deployed branches of service/of the service, it appears they will continue to remain fully engaged into the foreseeable future. The Military Police Corps is indeed a "21st Century Force on the Move."

If you consistently maximize the punishments available to you as a leader or commander, what do you do when the next offense is worse than the last? A Soldier who has a work ethic problem can be denied privileges. A Soldier who steals can be given a heavy fine. A Soldier who doesn't perform to standard can be given extra duty (additional training). Soldiers who don't perform to a level required of their current grade can be reduced.

And of course, you always have the option to combine any of the options above if necessary.

**Be seen:** During the American Civil War, leaders at all levels led from the front, the front being, in front of their troops. As a result, most of them died very early on in the war. Although this must have served as a great example of courage, dedication and commitment to the troops, it also had the effect of depriving them of their best leaders. Times have changed, but the need for Soldiers to see their leaders and feel their presence has not.

These days, it is very easy for leaders to become tied to their computers, their e-mail, and the plethora of meetings required to guide a very complex organization in a complex mission. Leaders should force themselves to delegate meetings wherever possible to subordinates. If people need something badly, they can call you, or contact you in person. Get out of the office and get into the field with your Soldiers as much as possible. They need to see you out there with them in order to know that you care, and that you are willing to suffer the same challenges they do.

At the same time, you need to see them doing their jobs, so that you can identify strengths, weaknesses and problems associated with all levels of your command. You can't do that from behind your desk or in the comfort of your office.

**Share success:** Being human, this is real hard for most of us to do. My Dad (another one of my mentors) told me a long time ago that "You'll always be successful as long as you don't care who gets credit for success." This is the old "there's no 'I' in team" thing. By definition, leaders have subordinates, and not much happens without the input and hard work of those subordinates.

Have you ever watched the leader



who gets up to brief, and tells his audience that *he* did this, and that *he* had this great idea, etc.? How did you feel if you were one of his subordinates and had contributed to *his* plan? This is the mark of a leader in dire need of recognition. Strike "I" from your vocabulary unless you are a leader with no one to lead, or you are accepting responsibility for something that went wrong. When your subordinates see you doing this, they will know that you appreciate their work and their contributions and that it isn't all about you.

As the leader or commander, you're going to get credit for everything, good or bad, that happens anyway, so it's not necessary for you to claim it.

**Reward your horses:** For the most part, you can't do enough for your hard-charging subordinates. But, you can try. This can be something as simple as telling them they're doing a great job, or as formal as writing them up for an award. At the same time, get rid of the chaff, those who, for whatever reason, don't or won't do their jobs.

**Be candid and up front with your boss:** Always use tact, but tell your boss what you think, not what you think he wants to hear. You're doing your organization and your boss a disservice if you don't. If he can't handle it, he'll probably fire you. But, not to worry! You're a damned fine subordinate and because you are, you'll find another job. When he tells you to shut up, shut up. Execute his plan as if it were your own.

At the same time, if you are a leader, encourage your subordinates to speak

*"Get out of the office and get into the field with your Soldiers as much as possible," said Raney.*

their minds and be honest with you. Don't shut them down and don't stifle their creativity. You don't always have to be the guy that comes up with the good ideas; you just have to be the guy that can recognize one when he sees it. Subordinates have great ideas too, and you are a fool if you create an environment that discourages them from giving them to you.

Well, there it is, right, wrong or indifferent. I wish you all success and the best of luck in what remains of this deployment, and in your future careers. It has been both an honor and pleasure to serve with you.

**I am** continued page 13

mind is a lot clearer and I am able to concentrate better. Everything balances when you are at peak performance, and I'm still not there, but I know I'm closer than I was several months ago.

#### **How do you plan to maintain this?**

Keep up with my eating habits and remain active. I know I've worked so hard to get to where I'm at and I don't want to lose that.

I've also fostered the thought of opening my own gym sometime in the near future. Another thing is that when I return

to college, late night drinking and the 3 a.m. Taco Bell visits aren't something I'll give a high priority to.

#### **What advice would you give fellow Soldiers trying to reach a weight loss goal?**

There is no one big secret, and no magic pill. There are a lot of small things you have to put together to achieve weight loss.

For example, diet is a big part of achieving weight loss goals. You have to watch what you eat and it helps to drink a lot of water. Cutting out sodas, sugar drinks and processed food was something that helped me out. You can't think of the way you eat as a diet, but more as a lifestyle, the old motto of "you are what you eat," is true.

I took 'before' pictures to follow my progress through my transition. The photos also began to be a big motivator as I could visually see my progress, and this also let me see the areas I needed to work on. It was really beneficial to see the progress, versus just knowing in your mind that you are making progress.

Something I would suggest is to count your calories. You don't realize how many you actually take in until you count a normal day's intake and adjust from there. Increase your physical activity. You don't have to hit the gym seven days a week, but three times a week for just a half hour helps.

I quit chewing tobacco after 12 years. Nicotine restricts your blood flow, and in turn decreases your recovery time for

injury. All in all, it is something I knew I had to quit for my health.

Also, people trying to lose weight have to find their motivator. Why do you want to lose weight? Allow yourself one day a week to eat however you want. I eat a lot of ice cream on Mondays.

Get a battle buddy! Another part of where I am now with my health and

physical ability can be attributed to Sgt. Michael Meyer. He has helped push and mentor me through my weight loss and changing my way of life. Thanks Mike!

It takes time, stick with it, and all the little things you do will add up in the

end. Have faith in yourself. "Can't -- never could do anything." I don't know who said it first, but it's true.

#### **What are your goals once you get back home?**

Get my degree in crisis and disaster management at Central Missouri State University. I've also considered double majoring in health and nutrition as well. I am interested in this field of study, because I grew up watching my parents with their willingness to help someone out regardless of their own needs.

#### **What advice would you give Soldiers extending on this rotation or the upcoming rotation?**

The deployment in Kosovo is what you make of it. You can sit in your room and play video games and get fat, or you can get out and achieve things for yourself.

You can work on your physical standards and you can take advantage of the educational opportunities. Free school is a great opportunity. My rotation in 2001 was the first time I took a college course, and those opened my eyes and helped me to realize college wasn't so hard. The rotation goes faster if you keep yourself busy.

"Any NCO that works as hard as Sgt. Strouse to improve himself and his team can go as far as he or she desires," said Romans. "I fully expect Sgt. Strouse to hold my position some day, and if I'm still around, I'd be glad to meet him when he is a Command Sergeant Major, shake his hand and tell him 'well done.'"



Sgt. Tom L. Strouse takes a break by his Humvee



# Parting Shots

PHOTO BY SHAWN HENDRICKS

